

Heart transportation by metro rail attracts global attention

Organ recipient was unaware of special arrangement until Sunday night

STAFF REPORTER
HYDERABAD

Transportation of heart through Hyderabad Metro Rail (HMR) for a transplant surgery on February 2 has garnered international attention. HMR managing director N.V.S. Reddy said he has received calls from several countries in Europe, the Gulf and the US asking about the details.

Usually, organs are transported through roadways by clearing traffic and creating a green channel. However, on February 2 afternoon, HMR arranged a special train for non-stop transportation of heart from Nagole to Jubilee Hills.

The special train paced through a stretch of 21 km crossing 16 stations in less than 30 minutes.

An ambulance was kept ready at Jubilee Hills to rush the beating heart to the hospital where transplantation was taken up.

The organ was harvested from a 45-year-old male



Apollo Group president K. Hari Prasad, Additional CP (Traffic) Anil Kumar, heart recipient S. Kanakareddy, Hyderabad Metro Rail managing director N.V.S. Reddy and senior surgeon A.G.K. Gokhale at a press meet on Monday. ■ NAGARA GOPAL

farmer from Aregudem in Nalgonda district who was admitted at Kamineni Hospital, L.B. Nagar. The recipient was a 44-year-old male cardiac patient at Apollo Hospitals, Jubilee Hills, who suffered from dilated cardiomyopathy and oblivious to how he got the organ, until Sunday night.

Speaking at a press conference held at the Apollo Hospitals on Monday, the recipient said before undergoing

the procedure, he suffered from breathlessness, had sleepless nights and had given up hope of survival. Around 12 days after the transplantation, the patient was ready to walk to home. He expressed gratitude to the donor's family, doctors and Hyderabad Metro Rail officials.

A.G.K. Gokhale, senior consultant, Heart and Lung Transplant Surgeon at Apollo Hospitals, said the idea of

using metro rail came up since organ transportation would have taken longer by road and there are no helicopters to be used for the purpose. The team of doctors said every second was important to save the patient's life.

The hospital management coordinated with Hyderabad Metro Rail authorities and Hyderabad traffic police to pull off the first-of-its-kind green channel.

K. Hari Prasad, president of Apollo Hospital Group, detailed the role that all the parties played and attributed the surgery success to the crucial decision taken by the donor's family, Hyderabad Metro Rail which dedicated a special train, police for establishing a green channel, Dr Gokhale and his team, and the State government's cadaver transplantation programme, Jeevandan. Additional Commissioner of Police (Traffic) Anil Kumar was present at the press meet.

Caring for children with cancer

'Focus is always on creating a cheerful hospital ambience for young patients'

K. SHIVA SHANKER
HYDERABAD

Being diagnosed with cancer is a shock that most adults fail to immediately come to terms with. So, how does one explain it to a child detected with the deadly disease?

On International Childhood Cancer Day, observed on February 15, oncologists and counsellors shared how they break the news to children and other aspects.

The news is conveyed to children only if they are aged above 12 years, based on their understanding capabilities and parents' consent, said doctors from MNJ Institute of Oncology Regional Cancer Centre, Red Hills. Oncologists at other hospitals also said young children are generally spared the tragic news. In any case, however, doctors and counsellors explain the situation first to the parents.

An associate professor of Medical Oncology at MNJ Institute, P. Krishna Chaitanya

said most tumours in children are curable and that fact is impressed upon parents.

Most parents often tend to be in denial at first, explained MNJ Institute director, N. Jayalatha. "To confirm if it is true, they usually visit two to three specialists," she said.

In a few cases, patients have to stay at the hospital for two to three months. Families who live in faraway villages choose to stay at hospitals rather than commute every day. Dr Jayalatha said when patients feel better after a few rounds of chemotherapy, families choose to skip further treatment, which leads to regrowth of tumours.

At Basavaram Indo-American Cancer Hospital and Research Institute, counsellors focus on creating a cheerful atmosphere to keep the spirits of children high. Head of Patient Care at the institute, K. Haritha said they try to keep the children happy as much as possible and keep them engaged through games and creative activities, and even call volunteer-teachers to impart education.

"We celebrate birthdays

of all the children and festivals too. If any child loses hair during therapy and wants to go to school, we arrange wigs for them. Before they go to schools, we explain the child's condition to the school management concerned and precautions to be taken," she said.

A special cancer awareness and cultural programme was organised at the institute on Monday.

Dr Haritha and Dr Krishna Chaitanya said they try to address financial constraints faced during the treatment process with the help of NGOs and other voluntary organisations.

Consultant paediatric oncologist at American Oncology Institute, Parinitha Gutha said they explain the medical condition to young children without using the word cancer and give them hope that treatment would help in recovery.

She said it is important since the children have to look forward to treatment and not be scared by it. She pointed out that she encourages parents to inform children that they are cancer survivors as they grow up since lifelong follow-up is important.

COVID cases fall below 100 for first time in seven months

STAFF REPORTER
HYDERABAD

After a little over seven months, less than 100 COVID-19 cases were recorded in Telangana on Sunday. Only 99 people were detected with coronavirus even as 15,766 samples were tested. With this, the tally now stands at 2,96,673.

From the past seven days, over 100 to 150 people have tested positive in a

COVID-19

day. Less cases were detected on Sunday as fewer samples are put to test as against 26,000 to 31,000 being examined daily.

The new 99 cases include 24 from GHMC region and 10 from Rangareddy. No cases were reported from 13 districts.

Two more COVID patients succumbed, taking the death toll to 1,618. At present, there are 1,676 were active cases and 2,93,379 have recovered.

Hospital signs on Sonu Sood as brand ambassador

Opens 120-bed centre at LB Nagar, its tenth centre in AP/TS

STAFF REPORTER
HYDERABAD

Ankura Hospital, a super specialty hospital chain for women and children in Andhra Pradesh and Telangana, has appointed Bollywood actor, producer, and humanitarian Sonu Sood as its brand ambassador.

On Monday, the hospital chain launched its 10th centre at L.B. Nagar in the city. The 50,000 sq.ft. centre

equipped with 120 beds was inaugurated by the actor in presence of Krishna Prasad, founder and managing director of Ankura Hospitals.

Sood has been riding a wave of popularity following the assistance he extended to several stranded migrant labourers during the COVID-19 lockdown last year, helping them reach their native places safe and sound. Recently, he was in Hydera-

bad to launch a free ambulance service started by a fan, Shiva, a swimmer who has saved over 100 people from drowning in the Hussainsagar when they attempted suicide by jumping into the lake.

Inspired by his charitable acts, a young couple in Khammam, P. Naveen and Triveni, had named their baby boy after Sonu Sood earlier this month.



Raising the brand value: Actor Sonu Sood poses for selfies with fans at the launch of Ankura Hospitals' tenth centre at L.B. Nagar in Hyderabad on Monday. ■ NAGARA GOPAL

More HCWs skip second dose of COVID vaccine

Only 78% of targeted staff take the jab

STAFF REPORTER
HYDERABAD

Healthcare workers (HCWs) in Telangana continued to give the second dose of COVID-19 vaccine a miss on Monday.

The State Health department had targeted 13,968 HCWs for administering the follow-up jab on Monday, but only 10,932 or 78% returned up. No case of Ad-

verse Event Following Immunisation (AEFI) was reported.

On Saturday, when the second dose started being administered, 556 HCWs had skipped it.

Apart from HCWs, 322 frontline workers were given the first dose of the vaccine on Monday. So far, 2,79,258 health staff have received the first dose.

A Space Marketing Feature

HealthCare

Looking for freedom from glasses?



Freedom from glasses is possible as the technology and advancements in medical science have brought solutions for anyone above 19 years. It's just a matter of understanding and choosing what is the right treatment for you. One way to do this is to consider your age. As we look at some options, remember that your Doctor will and should take the time to understand your history, your specific needs and overall health condition to recommend what is best for you. What is the correct age to get procedures to get freedom from glasses? Glasses prescription should be stable for at least a year to go ahead. Ages 19 to 40, People have single vision problems like short (-) sight or long (+) Sight and Astigmatism.

Laser techniques are used to treat power ranging from -0.5 to -6.0D ideally. Beyond -6.0, -10, -20 D and high, Astigmatism Icl (Permanent Contact Lens) is a better alternative. Laser techniques include PRK,

LASIK, SMILE. Every technique has their own advantages. Prices range from as low as 10k Per Eye to 50k Per Eye. All techniques are subject to suitability.

After 40 years near vision problems kick in the right treatment for you. Some have only near vision issues and some might have both near and distance vision issues. With the help of Femto Second Laser or Zepto Assisted Rle (Very safe and FDA approved) techniques, patient can get freedom from glasses for both near, intermediate and distance. Rle with bifocal Iols distance and reading is good without glasses. Rle with trifocals takes care of near, intermediate and distance as well (Laptops, Computers).

These advanced Iol can correct high astigmatism upto -5D as well people are very happy most of the Time on daily basis. This techniques help get rid of glasses for life.

Dr Harshavardhan reddy
M.B.B.S., DO, FIPO
Cataract and refractive surgeon
(Los Angeles, USA)

INFERTILITY - TUBAL FACTOR



Fallopian tubes play a pivotal role in fertility - they are small slender structures measuring about 10 Centimetres. One end of the tube called fimbrial end picks up the egg from ovary and transports it to a part called ampulla where the egg meets the sperm and fertilization occurs and the fertilized zygote is transported to the uterus. Any impedance to this either in the form of a blockage or any functional disruption results in tubal factor infertility. Tubal factor accounts for 25- 50 % Of Female Factor Infertility.

Tubal factor accounts for 25- 50 % of female factor infertility

Causes:

- Infection of tubes - called as salpingitis is one of the most common cause of tubal factor infertility. It can occur due to sexually transmitted diseases, Genital tuberculosis (one of the major causes of tubal obstruction leading to infertility) etc.
- Peri tubal adhesions - some conditions like endometriosis or previous surgeries can cause peri tubal adhesions leading to impairment of tubal function.
- Pelvic inflammatory diseases (PID)
- Intrauterine adhesions, cornual submucous fibroid or polyps
- Ectopic pregnancies managed medically or surgically.
- Tubal sterilization (family planning surgery)

Assessment of tubes:

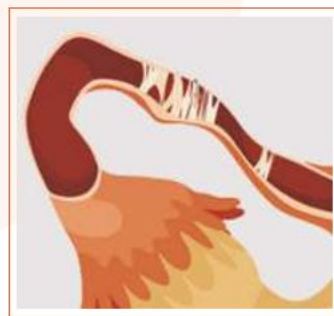
Fallopian tubes are not visible on ultrasonography unless it is filled with fluid (Hydrosalpingis) or pus (pyosalpingis) or is swollen due to any cause. Despite advancements in imaging tools HSG - HYSTEROSALPINGOGRAPHY is still the standard 1st line screening test for evaluation of tubal infertility as it is less invasive and is performed between day 7-10 of a women's cycle. Apart from its role in diagnosing tubal blocks it has an additional advantage of tubal flushing which has odds of increasing pregnancy chances. Apart from these we have many other tests like,

SALINE INFUSION SONOGRAPHY, HYSTERO-SCOPIC GUIDED TUBAL EVALUATION done in selected cases. Confirmation of tubal blockage is done by DIAGNOSTIC HYSTEROLAPAROSCOPIC CHROMOPERTUBATION. A technique that in addition to diagnosing tubal block also throws light on pelvic pathologies such as endometriosis, tuberculosis, adhesions due to previous surgeries or PID etc and helps in planning therapeutic management. During the procedure - fallopian tube catheterization can also be done to attempt opening of the blocked tubes.

Management:

Tubal factor infertility is managed mainly by surgical correction of the blocks or by advanced ART techniques like IVF/ICSI. The choice and success of surgical correction depends on cause of block, site of the block, extent of the block and surgical skill as it is a microsurgical technique. The advantage of surgical correction is the lower cost of procedure compared to IVF and patients may attempt for conception after it.

However, in this era of advanced ART techniques, IVF is preferred for tubal factor infertility as it can address other factors of infertility too and has higher per cycle pregnancy rate. Decision of surgical correction or IVF depends on many factors like egg reserve, patients age, husband's sperm factor etc.



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Cancer scan, in less than 5 minutes for the first time in Asia



Positron Emission Tomography (PET-CT) is an important tool in the cancer treatment for Diagnosis, Detection and treatment response.

A PET scan is an imaging test which shows your functioning of tissues and organs. PET-CT scan uses a radioactive tracer to show this activity.

PET scan is useful in various conditions including cancers, heart diseases, inflammatory disorders, infectious diseases, brain disorders. Cancer cells show as bright light on PET scan brighter they are, faster is the multiplication. PET is used for diagnosis, Detection of distant spread, effectiveness of the treatment and also in detecting early recurrence or disappearance of the disease.

PET scan has to be carefully interpreted as lot of non-cancer conditions can look like cancer on the PET-CT.

State-of-the-art 4DPET-CT is needed to achieve hi-fidelity treatment. The current generation next PET-CT can pick up even small bright spots of cancer and which lead to the proper staging and will in fact lead proper care and prognostication of the disease. This will eventually lead to excellent patient care.

Current advances in PET-CT is motion free technology, 4D PET CT helps in diagnosis and radiotherapy targeting of moving tumors, increased resolution and accuracy, short scan times, PET guided biopsies.

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